

**Western University
School of Kinesiology
KIN 2926R Aqua Fit**

INSTRUCTOR: **Stephanie Paplinskie**

EMAIL: spaplins@uwo.ca

LOCATION: WSRC Pool & WSRC Room 2215
12:30

TIME: TUTH 10:30-12:30; FRI 11:30-

Course description:

This program is designed for students who are comfortable in the water and are interested in the fundamentals of aqua fit classes as well as key principles in teaching these activities in physical education.

Prerequisite(s): Completion of the first year Kinesiology program and registration in the School of Kinesiology.

Course Objectives:

Students will be exposed to skills and techniques that are used in aqua fit courses and will be expected to be comfortable demonstrating and performing the skills. Students will learn techniques for designing and delivering safe and effective deep water aqua fit classes. This course will include planning and delivering the warm up, cardiovascular, strength, flexibility, endurance, stretching, and relaxation components of an aqua fit class. Instructor and participant safety will also be discussed, as well as use of music and modification of movements to increase or decrease intensity.

Attendance

Since group work and cooperative learning is a key aspect of this course, active participation in each class is **mandatory**

Inability to continue with physical activity (for medical/compassionate reasons)

Should a sit

WEEK 4

Nov 15th: Safety & Etiquette (WSRC 2215)
Nov 17th: Mini-Presentations (WSRC Pool)
Nov 18th: Training Principles, Special Populations (2215)

WEEK 5

Nov 22nd: Group Presentation Practice (WSRC Pool)
Nov 24th: Group Presentations (WSRC Pool)
Nov 25th: Problem Solving Scenarios (WSRC 2215)

WEEK 6

Nov 29th: Group Presentations (WSRC Pool)
Dec 1st: Group Presentations (WSRC Pool)
Dec 2nd: Assignments Due & Exam Review (WSRC 2215)

WEEK 7

Dec 6th: Final Exam (WSRC 2215)

General Course Policies and Procedures

Rounding of Grades and Re-Weighting of Exams

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner.

Documentation for any request for accommodation shall be submitted, as soon as possible, to

Contact/Questions

All questions regarding course content should be posted on OWL Sakai forums. The forums will be set up to include a separate space for questions and discussion related to: (1) lectures/content; (2) the mid-term exam; and (3) the final exam. You have the ability to edit and delete your own posts. The instructor can also delete posts that are deemed to be inappropriate. There will also be a 'general discussion' forum where students can discuss any number of topics.

In all of the above communication tools and any time you are interacting with others on our shared OWL website or via e-mail, please be mindful of 'e-etiquette'. It is expected that you will use proper grammar and punctuation when posting and e-mailing. You are also expected to respect your peers, and instructor in any discussion/forum. Students who do not act accordingly have the potential of losing website privileges. **Please note that you must use your UWO email address for all correspondence regarding this course.**

ADDITIONAL STATEMENTS

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>.

English Proficiency for the Assignment of Grades

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website: http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_under

